INFANT (0-12 MONTHS OLD) CHOKING FIRST AID

CONSCIOUS



1. CALL 911



2. TAKE A KNEE PLACE ARM BETWEEN LEGS



3. SUPPORT CHEEK BONES



4. ANGLE BABY DOWN & TRAP IT'S LEG



-ENSURE YOUR FINGERS ARE NOT HITTING BABY IN THE HEAD

5. GIVE 5 BACK BLOWS/SLAPS BETWEEN THE SHOULDER BLADES



6. IF BABY IS STILL CHOKING ROTATE BABY OVER ANGLE BABY DOWN & TRAP IT'S LEG



-GIVE 5 CHEST THRUSTS USING 2 FINGERS

OR

-GIVE 5 CHEST THRUSTS WITH THE HEEL OF YOUR HAND



-ENSURE YOUR FINGERS OR HEEL OF YOUR HAND ARE NO LOWER THAT 1 FINGER WIDTH BELOW THEIR NIPPLE LINE



MY FAMILY'S FIRST AID LIFE SAVING SKILLS
MF1A 2019

‼ CONTINUE ‼
5 BACK BLOWS/SLAPS
5 CHEST THRUSTS
UNTIL OBJECT IS REMOVED & BABY STARTS BREATHING, EMS ARRIVES OR BABY BECOMES UNCONSCIOUS
‼ MAKE SURE BABY ‼
GOES TO THE HOSPITAL

This guide is for general educational and first-aid prioritization purposes only and does not list all kit contents — refer to the kit inventory for a complete list. The QR videos are general educational references, not a substitute for proper training, sound judgment, or professional medical care. Always act within your training, follow applicable laws (including Good Samaritan laws), and call 911 or local emergency services when possible. My Family's First Aid LLC makes no guarantees about outcomes and disclaims liability for injuries, damages, or losses from use of this guide, videos, or first aid application, to the fullest extent permitted by law.
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